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Sobolik New Provost and Vice Chancellor for Academic Affairs

KAT RIDDLE
MANAGING EDITOR

KRISTIN SOBOLIK joined the University of Missouri-St. Louis as provost and vice chancellor for academic affairs on June 1. Sobolik was previously dean of the College of Liberal Arts at Wright State University in Dayton, Ohio.

At Wright State, she oversaw a college with 11 departments, one school, two institutes, one center, and eight interdisciplinary programs. Sobolik was a dean and professor of anthropology there since 2013.

Her new duties at UMSL include leading academic operations, research, and student affairs and reporting directly to the chancellor. Sobolik replaced Glen Cope, who retired in June 2016. Sobolik received her bachelor's degree in biology from the University of Iowa and master's and doctoral degrees from Texas A&M University in anthropology. Sobolik contributed to the fields of archaeobiology and paleonutrition with over 100 publications, books, and presentations.

Prior to her time at Wright State, Sobolik was at the University of Maine as an assistant profes-



Kristen Sobolik joins UMSL after four years at Wright State University.

sor and later full professor and chair of the Department of Anthropology in 2006. She then became the associate dean in the College of Liberal Arts and Sciences in 2011. While there, she was also the Associate Director of the world-renowned Climate Change Institute. While at Wright State, Sobolik helped bring to fruition the modernization and expansion of the Creative Arts Center, including the Robert and Elaine Stein Art Galleries, the Tom Hanks Center for Motion Pictures, and the New Media Incubator. She guided the development of an area of excellence in Policy with the re-envisioned Applied Policy

Research Institute (APRI) and formation of the School of Public and International Affairs (SPIA), as well as the Center for Liberal Arts Student Success (CLASS), that focuses on student retention and workforce development.

Sobolik said, "The University of Missouri-St. Louis has some of the nation's leading scholars who are truly committed to education, research, and serving a diverse, vibrant community. I am excited by the opportunity to engage with faculty, staff, and students to help harness and focus campus resources to ensure our continued growth trajec-

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UMSL Student Named Pat Tillman Scholars Recipient



Heath McClung is the second UMSL student to receive the Pat Tillman Scholars honor.

KAT RIDDLE
MANAGING EDITOR

ON JUNE 29, Heath McClung, senior, engineering, was named one of two from the University of Missouri System to receive the Pat Tillman Scholars honor. McClung is the second University of Missouri-St. Louis' student to receive this honor. The scholarship will pay for

tuition and textbooks through the end of their academic career.

"The Pat Tillman Scholars program is one of the most prestigious awards for our nation's student veterans," said Mun Choi, president of the UM System. "This year, 60 scholars were named from an applicant pool of thousands. As Tillman Scholars, Paul and Heath are repre-

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President Choi Addresses Book Prices via Open Textbook Program

KAT RIDDLE
MANAGING EDITOR

OPEN SOURCE textbooks might be a new source for saving for UMSL students. University of Missouri System President Dr. Mun Choi made an announcement on June 21, 1 p.m. at the Mizzou Store on the University of Missouri-Columbia campus about changes in UM System initiative towards textbook price for students.

"It is estimated that annually students in higher education spend about \$1,200 per year on textbooks," President Choi said. "I'm very happy to announce that we will be making a very significant investment in open source material. So what this means for our students and faculty is that by using books and other materials that our faculty members will be developing as part of the curriculum, not only will our students

be able to afford the textbooks but our faculty will be able to develop the material with new innovations that are occurring in a very timely fashion."

The initiative takes advantage of Open Educational Resources (OER), or class materials that are free for students, and AutoAccess, which is a program that makes textbooks and class materials available on-

line at a lower cost than traditional learning resources. According to the New York Times article "Putting a Dent in College Costs With Open-Source Textbooks," author Ann Carns wrote, "Open-source textbooks are created under an open license, so they can be downloaded free or printed at low cost; instructors can even rearrange the sequence

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President Choi speaking on June 21 at the Mizzou Store.

UMSL Assumes Control of KMST

KAT RIDDLE
MANAGING EDITOR

EFFECTIVE JULY 1, the University of Missouri-St. Louis assumed the operational and programming duties of the Missouri University of Science and Technology's public radio station KMST 88.5 FM in Rolla, Missouri.

UMSL already oversees St. Louis Public Radio | 90.7 KWMU and Quincy Public Radio | WQUB 90.3 and will broadcast St. Louis Public Radio's current program schedule with the exception of retaining Bluegrass for a Saturday Night for Rolla listeners.

UMSL's Chancellor Thomas George said, "St. Louis Public Radio is one of the best public radio stations in the country - consistently winning national accolades and new audience share. We look forward to partnering with Missouri S&T to provide the Rolla and Phelps County area superior newstalk programming."

Missouri S&T interim Chan-

cellor Christopher G. Maples said, "This arrangement with St. Louis Public Radio will ensure that KMST's loyal listeners will continue to benefit from quality public radio programming for many years to come."

St. Louis Public Radio general manager Tim Eby said, "Public radio is a vitally important asset to the many communities it serves, so it is important to us to ensure that KMST will continue serving the Rolla area."

KMST is a 100,000-watt non-commercial public radio station that broadcasts on 88.5 FM in Rolla and 96.3 FM in Lebanon, Missouri. KMST broadcasts are also streamed online at www.kmst.org.

St. Louis Public Radio is located in Midtown at 3651 Olive. The KWMU building, built in 2012, was a collaboration between the Nine Network of Public Media, UMSL, St. Louis Public Radio, and Grand Center, Inc and houses the radio station as well as classrooms.

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Choi Announces Open Textbook Program

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of material, to suit their preference. There's a movement to make faculty-written, peer-reviewed open-source textbooks available to professors and students, to help keep a lid on the cost of textbooks."

Nathan Willett, president of the Missouri Students Association said, "Some students don't purchase required textbooks because it's too expensive; it ends up hurting their academic success."

Dr. Choi said, "We have that responsibility as an institution, as we all know, to provide a high quality of

affordable education."

The system-wide initiative is launching this summer. "The issue of textbook prices is part of a larger national conversation that is happening in universities throughout the country," said Scott Curtis, learning and research librarian at the University of Missouri-Kansas City Libraries. President Choi initiated a similar program at his previous college of the University of Connecticut with an incentive for teachers to use the open source material.

Higher Education One of Many Budget Cuts Again



Governor Greitens cut \$251 million from the Missouri General Assembly's \$27.8 billion state budget plan before signing it July 1.

KAT RIDDLER
MANAGING EDITOR

MISSOURI GOVERNOR Greitens had to sign off on the budget passed by the Missouri General Assembly by July 1. On Friday, Greitens signed his first budget, cutting a total of \$251 million in spending from the \$27.8 billion budget. The last minute budget cuts were cited being because of lower-than-expected revenue growth in the state.

"Politicians were trying to spend money we don't have. So we're left with two choices: Raise taxes or cut spending. I will not raise your taxes," said Greitens, who has made a practice of bashing his fellow GOP lawmakers.

Under the previous budget proposed by lawmakers, universities were set to see a 6.5 percent reduction. Greitens boosted that to a 9 percent cut in core funding to save \$24 million. Transportation funds for K-12 schools were cut by \$15 million around the state. The Medicaid program was cut \$60 million. Department of Social Services was also cut \$30 million from its budget, but

the budget did not say exactly what would be cut from the agency. The budget also reduced the reimbursement rate for Medicaid providers by 1.5 percent and reduced the spending on foster care by \$400,000 and on youth residential treatment facilities by more than \$1.9 million. Greitens cut the state's tourism budget in half by eliminating \$10 million of its budget.

Along with the budget that did not give a pay increase to state workers, who are the lowest paid state employees in the nation, Greitens announced he would let the bill passed by the General Assembly to gut the St. Louis minimum wage to become law without his signature. This means that the \$10-an-hour minimum wage that was in place since May will come to an end on August 28.

Greitens also vetoed legislation that would have spared cuts to in-home and nursing care services for seniors and people with disabilities. About 8,300 people now face losing those services according to the Associated Press.

UMSL Student Named Pat Tillman Scholars Recipient

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senting our nation's very best, right here in Missouri."

McClung graduated from Lafayette High School and briefly attended Truman State University before joining the Army. He served three years. During his 2011 deployment to Afghanistan, he suffered injuries that ultimately resulted in the amputation of his left leg. He hopes to obtain a graduate degree in prosthetics and orthotics.

"I think it's fascinating technology and really rewarding," said McClung, who is president of the UMSL Student Veteran Association and volunteers with The Mission Continues, the World Pediatric Project, and the American Orthotic and Prosthetic Association. "These are things that help people in their daily lives. Ideally, I want to work either in a practice and treat patients or work for a company helping to design and make the next generation of prosthetics. The Pat Tillman Foundation is helping me achieve this goal."

The other student to receive the honor was Paul Wade, law, from the University of Missouri-Columbia. Wade graduated from Glenwood High School in Chatham, Illinois, and received his undergraduate degree from Truman State University. In the Army, Wade served in three combat deployments in Iraq and Afghanistan. Previously, Wade served as vice-president of Mizzou Law Student Veterans Association. He also has participated in the Mizzou Law Veterans Clinic, where law students can practice their legal skills helping veterans with legal issues connected to their service.

"As a veteran, I don't believe myself to be any better than my civilian classmates, but I recognize that my experiences are drastically different from many other people attending law school," Wade said. "The Pat Tillman Foundation recognizes the need to have veteran leadership at all levels to bring the unique experiences and perspectives veter-



Heath McClung hopes to obtain a graduate degree in prosthetics and orthotics.

ans share into the public discourse. Being in the small group of Tillman Scholars allows me to be part of a group of veterans working to make the country and world a better place."

The Pat Tillman Foundation receives thousands of applications from military veterans and their spouses every year. Scholars are chosen based on "extraordinary academic and leadership potential, a true sense of vocation, and

a deep commitment to create positive change through their work in the fields of medicine, law, business, policy, technology, education and the arts," according to their website. Only 60 are chosen each year and the scholarship was created after Pat Tillman, an all-star NFL career with the Arizona Cardinals who was called to serve after 9/11, and died in 2004 by friendly fire.

New Provost and Vice Chancellor for Academic Affairs

CONTINUED FROM PAGE 1

tory and excellence in these vitally important areas."

The Current was able to interview Sobolik about her first month at UMSL.

THE CURRENT (TC): Why did you choose UMSL?

KRISTIN SOBOLIK (KS): I was very excited to learn about UMSL's mission to meet students where they are in their life journey and help them get to the next level. I am passionate about student engagement and success as the focal point for each person's own development but also as a means to improving the success of our region and nation.

TC: After being here for a couple months, what do you like best about your position?

KS: I have been so impressed with the people I meet each and every day! Everyone here is so dedicated to what they do and to stu-

dent success that it truly makes me happy to come to work. I have been exploring different areas and units on campus to meet people and learn more about UMSL, and I have been amazed at the hard work and dedication of everyone to our mission. It really feels as if we are working collectively toward a common goal.

TC: Do you get to use any of your anthropology experience in your position?

KS: [Laughs here!] Yes—each and every day! Anthropology is the analysis of culture and I have been a part of the culture of higher education for my entire career. But each institution has its own culture within that of higher education, and it is always fascinating to analyze, and adapt to, that different culture. It keeps me on my toes!

TC: Is there anything that you look forward to later in the summer or in the fall?

KS: I am looking forward to the time when I know most of the people on campus. I am not sure if that will happen this summer or fall – or even later – but there is such satisfaction in being able to identify all of your colleagues, and to know what important part of the UMSL puzzle each person plays.

TC: Is there any advice you would like to share to those looking at UMSL or those new to UMSL?

KS: UMSL's beauty and attraction are immediately visible, both as a part of the physical campus as well as the engagement of the faculty and staff. My advice would be to look even further beyond that—to dig a little deeper—and I think you will find the heart of UMSL which is focused not on itself, but on our students, on their ultimate success and development. That focus is who UMSL really is, and I am so proud to be a part of that.

UMSL 2017 Men's Soccer Ready For the Full 90'

RYAN OBRADOVIC
STAFF WRITER

The University of Missouri-St. Louis Tritons men's soccer team hope to keep their winning-season tradition alive. As the 2017 season approaches, key contributions from seniors Pat Reis, junior, business; Pim Boonstra, graduate, accounting; and Captain Nick Werner, senior, business; will be vital to success. Head Coach Dan King has addressed the team and its weaknesses in order to be better than in 2016.

Last year, the Tritons touted a winning record at 10-7-1 overall and 9-5-1 in conference play, but failed to make it to the national tournament. The Tritons competed in the Great Lakes Valley Conference which is one of the toughest conferences in Division II soccer.

The Tritons needed one more win to advance to the national tournament. It would have been a first in the history of the team to achieve this. However, they failed to win their last three consecutive games which ended their season and any possibility of making the tournament. Senior forward/midfielder and leading goal scorer for the 2016 season, Pat Reis, said, "The team needs to finish out the season on a strong note."

"We were one game away from breaking the school record for most wins in a season, so we had things going for us. We just slipped at the very end," Reis said. "A key aspect to winning in soccer is fitness so the team can last the full 90 minutes and close the games out strong."

"Some teams were down our throats the whole game and we were dead tired," said Reis. "Fitness and team chemistry are two keys to success so the flow of the game is not compromised when substitutions are made."

Despite last year's upset, morale remains. "We are ready for the task at hand," King said.

The team sometimes practices in an indoor Vetta soccer league led by team captain Werner, who helps the team work on their fitness as well as team chemistry in the off-season. The team has 12 to 14 returning players with five of the players going into their senior season. The Tritons lost their senior goalkeeper and two



Leading goal scorer Pat Reis.

center backs over the summer, but the midfield and offense will remain intact.

"All the returners have solid chemistry and the freshman are talking and getting to know all of us, so they're starting to get comfortable," Reis said. "Our chemistry is going to be good; especially when we start getting into captain's practices where we're together five times a week."

In addition to fitness, King is putting a high emphasis on defense as the foundation for the team's success. "We do a lot of defensive drills and the finishing will come later," Reis said.

According to Reis, the Tritons toughest competition for the 2017 season will be Rockhurst University, who made it to the semifinals in the 2016 national tournament.

However since the Tritons play in the GLVC, most of the teams in that conference are not to be taken lightly. "The majority of the games we play is a battle for all 90 minutes," Reis said.

With the 2017 soccer season quickly approaching, Reis hopes the team can hone their skills so they can win all of their home games and have a winning record on all their games away to boot.

Reis also adds that he wants the team to make the GLVC tournament, but ultimately, he aspires for the team to make it to the national tournament for the first time in UMSL's history.

New Adidas St. Louis Blues' Jerseys Keep St. Louisans In Mind with City's Flag

RODERICK M. WILBON
SPORTS EDITOR

THE SAINT Louis Blues are gearing up for the upcoming 2017-2018 season with a lot of changes. These changes are coming in big and small waves. The renovations on the St. Louis Scottrade Center are underway, the expansion draft in the National Hockey League (NHL) is finalized, the regular NHL draft is finalized, and we are just about through offseason free agency. There is just one more change left.

The NHL and Adidas on June 20 unveiled the new ADIZERO Authentic NHL jerseys and uniforms for all 31 NHL teams, including the St. Louis Blues, which will make their on-ice debut with the new season.

At the forefront of innovation, design and craftsmanship, the new ADIZERO Authentic NHL jersey takes the hockey uniform system and hockey jersey silhouette to the next level by redefining the fit, feel, and lightweight construction. Adidas worked with the St. Louis Blues to respectfully preserve the team's current uniform identity when moving to the new ADIZERO technology platform.

The technological facts of the new jersey are:

Lighter - Featuring new cresting materials and construction technology, the ADIZERO Authentic NHL jersey reduces crest weight by up to 46 percent, while a single layer perforated numbering system reduces number weight by up to 60 percent, in order to deliver a new jersey that is up to 19 percent lighter when compared to the current NHL Jersey.

Cooler - The ADIZERO Authentic NHL jersey features Adidas Climate technology in each of the jersey fabrics to deliver breathability and enhanced performance. Combining moisture management technology and a streamlined silhouette to maximize air flow circulation with materials that are up to 133 percent more permeable than fabrics currently used on ice allows athletes to be cooler.

Stronger - Constructed for durability, the ADIZERO Authentic NHL jersey fabrics are up to 27 percent stronger in burst testing and up to 72 percent tougher in abrasion testing compared to the current NHL jersey.

Suggested retail for the authentic Jerseys start at \$189.



Close up of the collar design.



New jersey in full.

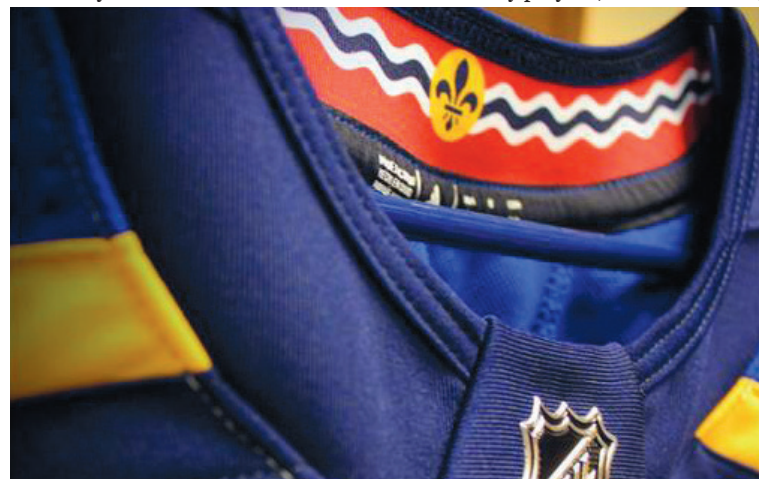
"We are excited to collaborate with the NHL and Adidas to unveil our new uniforms," said Blues President and CEO of Business Operations Chris Zimmerman. "Our ADIZERO uniforms combine the look of our rich 50-year history with modernized details, including white numbers on our home jerseys and the St. Louis city flag on the inside of the collar. We look forward to ushering in the next 50 seasons of Blues hockey with a fresh, but classic, look."

"Specifically created for elite performance, we've designed the ADIZERO Authentic NHL jerseys to deliver advanced innovation and technical design for the world's best hockey players," said Dan Near,

Head of Adidas Hockey. "We build products for the creator athlete. Our mission is to help athletes perform better and we look forward to making our on-ice debut this season with the new Lighter, Cooler, and Stronger adidas Hockey ADIZERO Authentic NHL jerseys."

"We're excited for the fans and players to see the innovation and performance features that adidas put into creating the new jerseys," said Brian Jennings, NHL Chief Brand Officer and Executive Vice President. "To play at their highest levels, the game's greatest players require the best technology and design available, and these adidas jerseys set a new benchmark for performance gear."

"Adidas is a brand recognized worldwide for innovation and technology investment, creating constant innovation in high performance apparel," said NHLPA Chief of Global Business Strategies, Sandra Monteiro. "The Players are excited to partner with adidas, creating a new milestone in hockey apparel, bringing edge, innovation and premium design to the game, specifically focused on their performance."



The new jerseys feature St. Louis's flag in the collar.



At E3, Nintendo Favors Own IP Over Third-Party Developers



"Super Mario Odyssey" will allow the player to assume control of other characters.

CHRIS ZUVER
A&E EDITOR

FROM JUNE 13 through 15, the annual Electronic Entertainment Expo (E3) took place in Los Angeles Convention Center in California. Since 1995, the convention has been a meetup for the top hardware and software developers to show off new products for the video game world.

Nintendo is one of many companies who regularly hold open-floor events and give press-releases. This year, they had plenty to say about their newest console, the Switch. New announcements were made for long-established franchises including characters Mario and Kirby, as well as new IP's like Arms, and even the return of a particular series that has not seen a release for quite some time.

RPG fans were treated to announcements of "Xenoblade

Chronicles 2" and "Fire Emblem Warriors," both being new entries in long-established franchises. "Xenoblade Chronicles 2" is a massive open-world sci-fi/fantasy adventure with a release date of holidays 2017, according to the trailer. "Fire Emblem Warriors," meanwhile, is more of a tactical role-playing game and will feature characters from other games throughout the series. The projected release date will be fall 2017. Meanwhile, new titles for long-running Nintendo characters were announced, including eponymous titles "Yoshi" and "Kirby." Both games appear in trailers as 2D platform adventure games and appear to borrow elements from past installments.

One of the most mysterious announcements was simply a short video of a title screen that old Nintendo fans will certainly be familiar with. The brief trailer revealed the

title: "Metroid Prime 4" followed by, "Now in development for Nintendo Switch."

Another highlight was a broadcasted message from Tsunekazu Ishihara, CEO/President of the Pokémon Company. He discussed "Pokkén Tournament Deluxe," an upgraded version of the recently released Pokémon fighting game hybrid. He also announced that developer GameFreak "has begun developing a core Pokémon RPG title on the Nintendo Switch." This would be the first main-series Pokémon title to come to a home console.

Still, it seems that fans must wait a little longer, because Ishihara added that "it may not release for more than a year."

Another announcement came from the Zelda series manager/developer Eiji Aonuma, who said that there will be new DLC for "Breath of the Wild," including new quests and challenges. He added that there will be Zelda items that can be downloaded for the Switch version of "Skyrim."

But the biggest announcement of the company's E3 show was the newest Mario game. No, not the Ubisoft crossover, "Mario + Rabbids Kingdom Battle," but the game that everyone had been wondering about since the Big N's last press release: "Super Mario Odyssey."

The trailer opens with a T-Rex running through a field. At this point, no one would suspect this to be a Mario title. But then, when the dinosaur turns around and roars, we see Mario's signature hat on its head. The hat also seems to be alive, as it sprouts a set of eyes.

In order to explain the T-Rex sequence, we see that Mario can now throw his hat onto the heads of other enemies and objects to take control of them. Throughout the trailer, we see Mario running through several environments including a city, a desert, a ghost town, a flying ship, and ancient ruins.

The trailer is well-designed and

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'47 Meters Down' Is a Typical Shark Flick



Claire Holt and Mandy Moore star as shark food in "47 Meters Down."

JORGE JONES
STAFF WRITER

JOHANNES ROBERTS'S horror/thriller film "47 Meters Down" is the most suspenseful shark movie in nearly a decade. You could say it's "Thelma and Louise"-meets-"Jaws," in a film that gives two sisters a few reasons to overlook their differences.

The movie dives into the lives of two sisters with opposing personalities. Lisa (Mandy Moore) and Kate (Claire Holt) are on a vacation in Mexico, brushing up on their Spanish with a couple local guys in the surrounding bars. It starts off like many shark movies before it. Every director seems to struggle to make an entertaining way to get the beautiful girls to the water, but this director does not shy away from the dramatic irony of the situation. The eventful trip needs more excitement and the group decides to use their passports to board a cage in the middle of the ocean to swim with sharks. The conflict eventuates when the cage tumbles down forty-seven meters from safety. The sisters have an hour of oxygen to implement a plan that does not involve them becoming the shark's dinner.

"47 Meters Down," is a much-needed addition to shark films, a genre which has always been shallow in terms of quality. The film's excellent use of cinematography helps produce original thrills that feel fresh and exciting. "47 Meters Down," also remains loyal

and true to many shark films at the same time. However, the film is not without its weak points. "47 Meters Down", has many common flaws that are expected with a ninety-minute shark film, but they are the same flaws that many expect should be improved as the genre progresses. For example, the characters are extremely weak and resort to calling each other names whenever communicating as the only means of deciphering them apart. The backstory of the sisters does not hit home like the director intended. Thirty minutes of the movie are spent reciting it and leading the girls to the water, where our film truly begins. This is as predictable as it is unnecessary. An easy solution could have been replacing the film's start with one that begins on a boat and with two lines of dialogue.

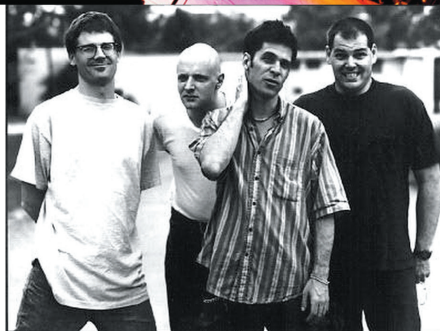
The film's twist ending is hit-or-miss, with it being the most redeeming part of the film. Audience members who dislike it will find absolutely nothing good about the film. However, fans of the shark genre may have more favorable thoughts.

In conclusion, the film receives a seven-out-of-ten-stars since it is far better than "Sharknado," yet has a unique approach in the end. Avid shark fans will enjoy this movie. A terrific film to pick up from Redbox for a party situation but not as a holiday film for the family. "47 Meters Down" is a one-dimensional cinema piece with an ending worth arguing over.

Punk Bands Release New Material After 15-Year Lull

MIKE A. BRYAN
STAFF WRITER

PUNK RUSHED onto the music scene in the 1970's, but many of the genre's most popular bands came out of the 1990's. In that decade, groups like the Descendents (who started playing together in the 1970's), Green Day (who have been together since the 1980's), and later, Blink-182 and NOFX, defined the idea of pop-punk. All of them were popular and well-known enough to be played on major radio stations and headline tours and festivals. Most of them have continued to produce music every few years or so - but for some reason, in 2016 and 2017, all of those bands, along with the lesser known pop-punkers The Bouncing Souls, put out great albums. Amazingly, there has been a resurgence in the post-punk or emo in the past two years, with bands like At the Drive-In, American Football, and Jimmy Eat World also producing incredible albums.



All of the above bands put out seminal works in the 90's and/or the early 2000's, but fell off during the last fifteen years. Now, it seems,

they are back, ready to make music that suits each band's respective sound, and delighting listeners who thought these bands had dis-

appeared. In addition to these new albums, emo band The Get Up Kids and punk band Social Distortion have been going on successful

tours in recent times. For lovers of post-punk, also known as emo, now is a time of revival of traditional sounds; a departure from the sad, radio-friendly kiddie music from bands that almost ruined emo, such as My Chemical Romance and Panic at the Disco. For the pop-punkers out there, bands like The Offspring and Fall Out Boy almost destroyed the sound by making it so mainstream, but fortunately, things seem to be taking a turn for the better.

When you talk about pop-punk, both the new Blink-182 and Green Day albums were long overdue, but they do not break any new ground; more so they just play a toned-down version of their formerly rowdy but silly selves. The Blink-182 album is quite entertaining, and deserves critical and fan praise. Green Day has morphed into an almost alternative band with punk leanings, but the album is still fun and energetic. It is amazing how NOFX continue to put out so much music, especial-

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Overcoming “The Sick”

How a Man Became Addicted to Heroin and the Quality of Life He Endured During His Addiction

RYAN OBRADOVIC
STAFF WRITER

The sun is tired, but the streets are thriving. A man and woman glide by laughing on their bikes. In a glimpse, their laughter trickles away to silence as they continue on their way. An elderly woman strolls with her small, brown haired dog, as they enjoy the 75-degree springtime dusk. Not far behind the woman and her dog, walks a man whom, at first glance, seems no different from anyone else strolling the street. The man has a skinny build. He's wearing blue jeans, a gray vest, a snap-back, and has tattooed forearms. As the man comes closer, I notice a pistol magazine peeking out from his jean pocket.

“Sorry about this man; you know how it is over here,” he says.

In addition to his pistol-wielding tendencies, his past life, memories, and experiences are much different than the average person's. This man is an ex-heroin addict, and his name is Johnny Grand. This is his story.

A Day in the Life of a Heroin Addict

“You wake up in the morning at like 10 a.m. because you're already starting to get sick. You wake up and you get the hot and cold sweats. You're hot, but you're cold, and you're sweating, but you take the cover off and now you're freezing. So when you wake up, the first thing on your mind is, ‘How am I going to get high today?’ You're damn near dreaming about it already. Call around on your phone, ‘Hey do you still have that?’, ‘You still have this?’, ‘Hey do you wanna buy this [stolen goods]?’, ‘If I do this, will you do a return for me because I can't do more returns.’ You can only do three returns on your ID every six months at Walmart.

So it's like, ‘D—, if we go steal some s— who is going to return it, because we already used all our returns.’ So you hit up your other dope fiend friends that are on a mission too, like, ‘Hey, let's put our heads together and figure out a way to get high.’ ‘You steal it, I'll return it,’ and s— like that. Then you have to scrounge up some gas money and only put two or three dollars in. I didn't care if we ran out of gas on the way back; at least we were high.”

For three and a half years, Grand surrendered his life to the powerful drug, heroin. He woke up every single day and followed the same schedule with one goal in mind: to get high. He fought many times to gain control and overcome “the sick,” which is what Grand called the period where his body was withdrawing from the lack of heroin in his system. However, the sick is a persuasive entity. It is one of the main reasons why so many people continue to use, and like Grand, struggle to recover.

GRAND GOT into the heroin scene about eight years ago, when he was 21 years old. He became acquainted with heroin when he saw

a business opportunity arise in Fenton, Missouri. Grand claimed to be one of the first people to bring heroin to Fenton, and therefore made a killing selling it. He dealt heroin for two years and at first had no desire to experience it firsthand.

At the beginning of Grand's selling career, he preferred taking Percocet or lean [promethazine], which are both categorized as opiates but not as strong or addictive as heroin. After he had been dealing heroin for a while, Grand started to dabble and take small amounts to see what the customers wanted so badly. “I started doing it just a little bit, not much, just a little every day in the morning,” Grand said.

Grand coined his usage of heroin a “dealer's habit.” Since he was a heroin dealer he could get high basically for free with the heroin he didn't need to sell. “I was a big shot drug dealer, having all money, so that's why I didn't feel bad when I was doing it,” Grand said. But as time went on, Grand acquired his addiction to heroin because he kept increasing his doses.

Then after two years of selling, Grand was arrested and charged with distribution of heroin. His dealing money had vanished and now his seemingly innocent dealer's habit had turned into just a habit he had trouble dealing with. “I got money. I can get high if I want to. But then that s— stopped and I was just an actual dope fiend,” Grand

“It's not like you don't have a conscience or guilt about the s— that you do, but you put yourself and your need to get high over everything else.”

said.

At this time in his life, Grand didn't have any money but had a controlling addiction to a drug he needed to take every 12 hours to avoid the inevitable sickness. Grand turned from a successful drug dealer with money most will be jealous of to “somebody that wakes up every morning and doesn't have any money, and all the money I get goes straight to getting high.” His affair with heroin was much different than the drugs he used to take. He never experienced a drug that transforms your mind into thinking you need it to survive. “You can have a mental addiction with some stuff but with heroin you have to get high ... You have to do it everyday or you're physically sick,” Grand said.

Luckily for Grand at the time, his girlfriend (now ex) was a heroin user as well. They would enable each other and help each other get high. “She's pulling you in, you're pulling her in ... and you don't feel so bad because they're out there as bad as you,” Grand said.

GRAND LATER found out that his girlfriend was pregnant. In addition to the surprise of the pregnancy, Grand did not know if he



was the father or if the father was his best friend. The added turmoil in his life caused him to start using even more than before. Grand found out the baby was his, and was excited but still worried about the new prospect of life he will have to live.

Five days before his girlfriend was scheduled to have the baby, the baby passed away. To make the situation worse, Grand's brother overdosed around the same time Grand found out about his baby's premature death. His brother did not overdose on heroin; the cause was fake promethazine. What Grand's brother drank was crushed up pills in Ny-Quil. Grand was only 21 at the time and his brother was only 19. The simultaneous traumatic experiences Grand endured propelled him farther down the ladder of his heroin addiction, leaving the top of the lad-

der virtually out of sight. “When you don't have s— you care about, you're just like, ‘F— it might as well get as high as I f—ing can,’” Grand said.

Since Grand was unemployed, he resorted to stealing anything he could so he could get money for heroin. He and his friends, who were also users, would steal from Walmart and then return the product they stole for a Walmart Visa card in hopes of trading the card to a dealer as a way of currency. Grand and his friends could only steal so much because Walmart had a three item return limit on an individual ID every six months. When Grand could not make any more money stealing from Walmart, he decided to steal elsewhere.

Grand's girlfriend would steal jewelry from her mother so they could sell it at a pawn shop. Grand and his girlfriend decided to steal her grandmother's gold jewelry heirlooms, which had been in her family for years. “You'll steal from your momma and you'll steal from your grandma while she's at church ... It's not like you don't have a conscience or guilt about the s— that you do, but you put yourself and your need to get high over everything else,” Grand said.

Heroin can be characterized as a living being residing inside the mind of an addict. Heroin is controlling, manipulative, and makes people do things they wouldn't do if they weren't using. “It's the drug that's making them do this,” Grand said. “A normal, sober person in their right mind would never steal from their mom, but when it comes to getting high, it tells you in your head, ‘It's ok, you're an addict, they'll understand.’”

GRAND DID NOT want to stop using heroin during his first two years of addiction. He was in a bad emotional state and heroin was a way of escape for him. However, after his first two years of using, he did not enjoy being high anymore and tried multiple times to stop using. “I hated getting high so bad. I was just doing it to not be sick,” Grand said.

Every day, Grand would wake up and swear to himself that he was not going to get high. He swore he would overcome the sick, but the pain was too strong to conquer. He continued to use for two more years, everyday hoping his addiction would cease. “There were times I sat there and nearly cried to myself like, ‘Damn man, I don't think I'm ever going to get clean,’” Grand said.

During Grand's last year of addiction, he stayed with a friend who was also a heroin addict. His friend's mother, Carol Mills, was once a heroin addict herself but triumphed over her addiction. Mills would make a habit of going to the casino every day to make money, and turned out to be a pretty successful gambler. Mills would give Grand and his friend (her son) \$100 every day for a year to get high on heroin. “She was supplying our habit because she knew what it was like to be sick and she didn't want to see us like that,” Grand said.

According to the National Institute of Health, only 20 percent of the nation's heroin addicts have sought or received treatment. Luckily, Mills stopped giving Grand and his friend \$100 a day and made them go to a methadone clinic to receive treatment. Grand and his friend did not object to going to the methadone clinic because they did not even like getting high anymore—they were just getting high to beat the sick. “We both wanted to quit. We hated it. But we needed some-

one to help us out of it. As much as you want to do it for yourself, no one has the options that you need in order to quit by yourself,” Grand said.

Grand and his friend started making regular visits to the methadone clinic in hopes of overcoming the sick. Within three months, Grand and his friend were no longer users of heroin. In addition to beating his addiction, Grand obtained his driver's license with the help of Mills, who taught him how to drive. Mills also bought Grand his first car, which he is very proud of. “Within three months, I was completely clean, had a car, a license, and was about to start college. There's no turning back from that,” Grand said.

Grand went to ex'treme Institute by Nelly, where he learned about the music industry and how to produce his own music. Grand graduated with an associate degree and is now a big name in the underground rap scene in St. Louis. Grand hosts other rapper's shows as well as produces his own music.

There is much more to overcoming a heroin addiction than just stopping the usage. To lead a heroin-free lifestyle, Grand had to cut out of his life multiple people, including his ex-girlfriend because she still wanted to get high. “I don't want to be around any dope fiends,” Grand said. “Even my brother, I cut them off and you have to do that.” Grand had to put himself above everyone else, and “that's just something you have to do to get clean,” he said. According to the National Institute on Drug Abuse, 40 percent to 60 percent of recovering drug addicts will eventually relapse, but with recovering heroin addicts the percentage skyrockets to an outstanding 80 percent. Grand is very fortunate to be a part of the 20 percent who have successfully overcome their addiction to heroin.

Grand's upgraded lifestyle has boosted his self-esteem to a mark that he hasn't seen in a very long time. “Back then I had real low self-esteem because I was just some dope fiend; everyone hated me and I f—ed everyone over ... but now whenever they look at me I have this sense of pride. You have to use that pride to never let yourself do drugs again,” Grand said.

Without the help of Mills, Grand may still have been addicted to heroin to this day. “If I was not in this situation [help from Mills], I would not have been able to get clean,” Grand admitted. The saving grace of Mills goes to show that a support system, or having someone believe in you, can make all the difference in the fight against addiction. Grand is now 28, about to turn 29, and has been clean for four years.

“You couldn't pay me \$10,000 to get high,” he smiled.

The names of the subjects in this piece have been changed for anonymity.

Understanding “Repeal and Replace”

BRIAN SHERRILL
OPINIONS EDITOR

THE AMERICAN Health Care Act (AHCA), proposed by Republicans, would take 23 million citizens (mostly children, elderly, and disabled people) off of insurance and make general health care more expensive for everyone, while providing tax cuts to the wealthiest class in America. This bill failed once in the house, was then slightly modified just enough to pass, and is now secretly being rushed through the Senate by Republicans behind closed doors.

Why does the GOP want to repeal Obamacare?

First and foremost, it's a political tactic in order to win seats. The Republican Party campaigned on the promise to repeal and replace a program that helps American citizens more than it hurts them. Now, they've backed themselves into a corner and must appeal to the wealthiest class in order to get out of it. Deeper explanation of this will further be developed in an answer below to a broader question.

The Affordable Care Act (ACA, or more commonly known as Obamacare) is also not perfect. It is, however, better than what we had before, which seems to be what the GOP seeks going back to.

The Centers for Disease Control released its 2016 results from the National Health Survey mid-way through last May. It reported that from 2010 to 2016, the amount of people uninsured dropped from 48.6 billion to 28.6 bn. This is incredible progress, but with it comes its flaws.

The progress is stagnating and the value of insurance is declining due to “high-deductible health plans” that are rapidly becoming a rule rather than an exception. For



Senate Majority Leader Mitch McConnell in 2011. The GOP is drafting a bill to replace the Affordable Care Act.

the privately insured under age 65, 39% had a high-deductible in 2016, up from 25% in 2010.

Obamacare is better than no Obamacare, but millions still remain vulnerable to catastrophic, life-destroying medical bills, and out-of-pocket health costs continue to squeeze the insured.

Who is drafting the GOP Health Care bill?

The answer, astonishingly, is that no one knows. We do know that this bill is being revised and drafted by a committee of thirteen men—yes, thirteen men, zero women, are deciding the fate of every woman's maternity care in the immediate future—behind closed doors.

Just a week ago, no one had seen the draft and no public hearings happened and none were scheduled. In addition, according

to a Snopes fact-check, Republicans even “considered banning cameras from the halls of the Senate so they couldn't be asked about the bill on television.”

Also, don't forget that health care makes up for approximately one seventh of our economy. It's daunting to think this portion of our economy is potentially in the hands of thirteen men hidden behind curtains while President Trump drums up distractions with his reality TV-styled tweets towards news networks like CNN and Morning Joe. “The Wizard of Oz,” anyone? Pay no attention to that man behind the curtains.

This process is frighteningly opaque, especially in comparison to the transparency Obamacare took on during its proceedings: three debates in House committees and two Senate committees, and was sub-

ject to hours of bipartisan debate that allowed for the introduction of amendments.

Mark Peterson, chair of the UCLA Department of Public Policy, said that he “can't recall any major piece of legislation that was completely devoid of public forums of any kind, and that were crafted outside of the normal committee and subcommittee structure to this extent.”

What consists of the AHCA?

First, it's important to discuss Medicaid and what it does, because that is specifically what AHCA attacks:

Medicaid is the largest public insurance program in the nation and people across the country rely on it for “life-saving assistance.” It benefits approximately 74 million low-income adults, children, seniors, and disabled citizens. Half of

all babies born in the US are born on Medicaid. 30 percent of the people suffering from opioid addiction depend on Medicaid for rehabilitation. 60 percent of seniors in nursing homes rely on Medicaid. Medicaid covers things that private insurance do not, such as follow-up surgeries, procedures, and tests.

In a world where one shot could cost \$1,000 (some take this shot every day for a month), Medicaid is essential in order to help people who can barely afford the costs of travel.

This program, though, with all its positively moral qualities, is exactly what the AHCA defunds. The nonpartisan Congressional Budget Office (CBO) reported that the bill passed by the House would cut Medicaid by \$834 bn over a 10 year span. The CBO score reflects the modifications made to the AHCA, changes that allow states to obtain waivers that would relieve health insurers of the requirement that they cover the full spectrum of “essential healthcare benefits.”

Under this bill, covered benefits would become skimpier, while sicker and older citizens would be pushed out of the market. Out-of-pocket costs would rise for many, for instance, the people that would need services no longer covered by their insurer - mental health or maternity care.

What does Donald think?

Breaking news, he doesn't. Miraculously though, his frontal lobe still conjures up speech patterns. During the President's campaign run, he promised his supporters that he would protect Medicaid from spending cuts. Appropriately, he made this promise because Medicaid provides a safety net to the majority of Trump's supporters: white working-class families with low income.

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Additional Cuts to Higher Education Are Sinking Missouri's Image

KAT RIDDLER
MANAGING EDITOR

BUDGETING FOR higher education in Missouri has been short-changed for years and was starting to list badly even before the election of Missouri Governor Eric Greitens. Missouri already ranked eighth from the bottom in support for higher education per capita.

Earlier this year, Greitens announced major budget cuts to the University of Missouri System. The administration of the UM System and each of its major universities have been working hard to respond to those deep cuts and keep higher education afloat. But just when they thought they were done throwing everything not nailed down overboard to lighten the load, Greitens fires another broadside of budget cuts, blowing an even bigger hole in funding for higher education.

In January, Greitens announced \$150 million in budget cuts and \$67 million of those cuts came from Missouri's four year public colleges and universities as well as community colleges. Then just prior to the start of Missouri's new fiscal year



on July 1, the Governor cut another \$251 million from the budget, again targeting higher education for another \$24 million, as well as cuts to health programs and social services. The Missouri General Assembly had cut funding for higher education by 6.5%, the Governor's added cuts raise that to 9%. The exact impact of the Governor's addi-

tional cuts is hard to determine as they are what are considered “withholds” that could be restored if and when the states revenue projections improve. But they exacerbate the already tough job facing the UM System and UMSL.

To be fair, the Governor must make adjustments to the State Budget because, unlike the Federal Gov-

ernment, the Missouri Constitution requires Missouri have a balanced budget. But it does NOT require him to continually take the lion's share from higher education. It may seem an easy target, since higher education also receives endowments and generates funding through tuition and fees as well. But there are two major problems with that line

of reasoning.

First, the Missouri General Assembly passed a law in 2008 that the UM System cannot raise tuition by more than the rate of inflation. That was waived once in 2012 after another round of budget cuts by the state. Back in 2008, tuition and fees covered only about a third of the cost of a four-year degree, but last year amounted to more than half the cost according to the Associated Press. So with limits on how much they can raise tuition, universities in Missouri have been forced to raise fees.

Secondly, it is a bad public policy decision to think that universities can just continue to raise fees and tuition without it limiting who can afford an education. Now Governor Greitens was fortunate to have been able to attend a private college, Duke University, on a scholarship and Oxford College in England as a Rhodes Scholar.

As a Rhodes Scholar, Governor Greitens had his tuition and fees paid for, as well as receiving a stipend to live on while in England. That he earned the scholarships he

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Questions Surround GOP Healthcare Bill

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Trump's budget released last Tuesday, June 27, proposed Medicaid cuts in addition to those of the AHCA, which amounted to a gargantuan \$1.3 trillion over a decade, according to the Center of Budget and Policy Priorities.

The tax plan and budget would in-turn transform the health care and food aid programs for the poor into bricks for a US-Mexico border wall, guns for an already bloated military, and - more than anything - a payout to Trump's billionaire and millionaire cronies.

How can following through with this make sense?

It doesn't, unless you're the Republican Party, pinned in a corner and needing to find a way out, and fast. Naturally, because it's politics, politicians fight to "win," with no other goal in mind. When "winning" is all that matters, your judgment is clouded and principal ethics inherent in serving "the people" scooted to the side like a kitten on ceramic flooring.

For nearly a decade, the GOP have fought toward misconstruing America's perception of the ACA through rigorous hate speeches, fear mongering in political ads, and press statements: the death panels.

The moment Republicans lost the election of 2012, they made repealing and replacing Obamacare their primary campaign promise. Repealing Obamacare was bound to be their first priority in order to look good in front of their Fox News followers.

Now that it's real, Republicans have to face the fact that Obamacare protects Republican's most fervent fans. Now, reversing ACA means taking away healthcare from those that need it most, working class families, and giving tax cuts to the rich.

Republicans, with political near-sightedness, boxed themselves into a corner that will require cruelty and earnest dishonesty to get out of alive. If their bill passes though, I wonder if it will even affect their image in the eyes of those that support them, like die-hard sports fans blindly supporting their hometown team.

In the end, if they win, their fans will lose a lot of money, and the rich will become richer. This enables them to buy more Republicans with massive amounts of legal bribes taking the form of campaign donations and threatening those that don't comply with million dollar campaign attacks. Which reminds me, I wonder when Missouri Governor Greitens will uphold his promise to ban lobbyist gifts? Maybe he won't, ever, because that's exactly how he paid for his commercials and rallies.

Students, if you care about the future of affordable health care in this country then here is what you can do. You can contact the senators whose job it is to serve everyone, not just the wealthiest class in America:

Roy Blunt - <https://www.blunt.senate.gov/public/index.cfm/contact-roy>

Claire McCaskill - <https://www.mccaskill.senate.gov/contact>

Nintendo Impresses at E3 2017 with Original Titles



"Super Mario Odyssey" gameplay.

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we see the return of some longtime characters like Princess Peach, who has obviously been kidnapped again by longtime villain Bowser. Some things never change, except, perhaps for Bowser's ridiculous-looking white suit and top-hat that he chose this time around.

"Super Mario Odyssey" will be

released October 27—just in time for Halloween.

Nintendo revealed some serious titles for this year's annual E3 summit. Yet, they still have very little to show for third party developers. This is what has driven people to choose Xbox or PlayStation over Nintendo's consoles for the last few generations. Hopefully, these strong

titles are enough to keep the Switch going.

Regardless, it seems that Nintendo has confidence. As their American CEO, Reggie Fils-Aime said in their E3 introduction video, "The game is fun. The game is a battle. If it's not fun, why bother? If it's not a battle, where's the fun?"

Greitens Passes Cuts to Higher Education



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received in life is noteworthy, but it will also have been a colossal waste if he allows the great institutions of learning in his own state to fall by the wayside.

Not every student is so fortunate to have had the advantages in life that Governor Greitens has enjoyed. And dare we say, that there are students right now, working two jobs, trying to meet the costs of earning their degree in Missouri who are perhaps brighter and will contribute more to society over their lifetimes than even a Rhodes Scholar. They are deserving of our collective help. They are deserving of increased public support, not less, from the tax dollars we all pay.

We challenge the governor to take the high road, to remember what education has meant for him and the advantages it has brought to his own life. As John F. Kennedy said on announcing America's effort to land men on the moon:

"We choose to go to the moon. We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard, because that goal will serve to organize and measure the best of our energies and skills, be-

cause that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win, and the others, too."

We challenge the governor to do the hard thing. Provide the money it will take to make Missouri's higher educational institutions the envy of other states. We already rank 30th in spending on elementary and secondary education per student. We are in the bottom on spending on higher education. These facts are a challenge to Missouri being able to compete for much needed population growth and attracting new business growth.

We want to also remind Governor Greitens that in receiving a Rhodes Scholarship, other criteria was considered besides academic achievement. According to the Oxford web site they also considered, "sympathy for and protection of the weak, kindness, unselfishness and fellowship."

In announcing these latest budget cuts, the Governor said, "We were sent here to make tough decisions." With a Rhodes Scholar as our governor, the people should also expect wise decisions.

Punk Music Lives On with New Albums

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ly since multiple members have side projects, like Fat Mike's (NOFX) band Me First and the Gimme Gimmes. Again, they are not breaking any new ground on this most recent album, but it is a good listen and fans of the band will be pleased. The Descendents, one of the most important influencers of the pop-punk style, have returned with a fun, tongue-in-cheek, lively album that will satisfy any lover of the pop punk genre. For those hardcore fans of the Bouncing Souls, the newest album will remind you of some of their best songs from the late 90's, and it's certainly worth a listen, even though the sound is tried and true.

If you miss the post-punk/art-punk/emo sound of the late 90's and early 2000's, then the most recent albums by American Football, Jimmy Eat World, and At the Drive-In should be in your music rotation. American Football is one of the lesser-known, but extremely important, bands that helped define the emo and post-punk sound. The new album is a return to their original sound, with all the raw emotion and subtlety of their earlier work. This band's newest release is especially remarkable due to the fact that they only put out a short EP and one album in the late 90's, and have not made any more mu-

sic since then. Jimmy Eat World, meanwhile, helped define the softer, more melodic side of emo music in the 90's and early 2000's, and their sound has evolved to become even more mature and refined. At the Drive-In's new album is, perhaps, the most exciting release of the past couple years, due to the fact that the band broke up in 2002, and have had other successful side projects: The Mars Volta and Sparta. It is not the original lineup, so the sound has changed a bit, but lovers of the hard, fast, loud, art-punk style of ATDI will love the newest work. They have lost some of their melodic tendencies for a more guitar-driven sound. If you thought you knew what emo music was, but were not familiar with these bands, then you must check them out as soon as possible.

This punk and post-punk revival has been accompanied by a slew of new bands making more 90's-sounding punk and emo music. Bands like Beach Slang, Preoccupations, Title Fight, and Sleaford Mods are all keeping that punk ethos alive. If you are a former punk rocker, or currently into the sound, then do not skip out on any of the bands listed in this article. Each has their own uniqueness and references to other punk music that makes them worth a listen.



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